WHAT IS CLAIMED IS:

1. A plasma processing method for etching a sample having a gate oxide film, comprising the steps of:

generating a plasma in a vacuum chamber using electromagnetic waves; applying an rf bias power to the sample;

turning off the rf bias power before a charged voltage of the sample reaches a breakdown voltage of the gate oxide film;

turning on the rf bias power after the charged voltage of the sample has substantially dropped; and

repeating the turning on and off of the rf bias power to process the sample; wherein the off-time is set at least longer than the on-time, and the plasma is generated by continuously supplying power to enable generation of the plasma during the repeated turning on and off of the rf bias power.

- 2. A plasma processing method according to claim 1, wherein the offtime is set at a value which is at least twice the on-time.
- 3. A plasma processing method according to claim 1, wherein the ontime of the rf bias power to be applied to the sample is set at no greater than 60 to 120 μ s.
- 4. A plasma processing method according to claim 2, wherein the ontime of the rf bias power to be applied to the sample is set at no greater than 30 to $60 \, \mu s$.